

31st Fighter Wing: The U.S. Air Force's fighter wing south of the Alps

THE VIGILEER

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Aviano Air Base, Italy

Fly Bys

On-base 911 outage

A telephone and NIPRNet outage is scheduled for 10 p.m. Saturday to 3:30 a.m. Sunday and 10 p.m. Sunday to 3:30 a.m. Monday. During these times, users will need to dial the commercial number 0434-30-8911 from base phones. For more information, call the Technical Control Facility at Ext. 7019.

Changing lanes

The street between the existing Area Two Arts and Crafts Center and the new PME building (commonly known as the Old Mensa) opens Monday. The existing two-way street between the Arts and Crafts building and the Buon Appetito Dining Hall will become the one-way in and the street between the PME and Arts and Crafts will become the one-way out.

Wingman Day

The 31st Fighter Wing Wingman Day is Wednesday. Events will be held in Hangar One from 10 to 11:30 a.m. and from 1:30 to 3 p.m. All 31st FW personnel are encouraged to attend both events.

Keep others in mind during Thanksgiving

By Gen. Robert H. "Doc" Foglesong

Commander, U.S. Air Forces in Europe

Sacrifice has always been a hallmark of our great nation. Around the globe thousands of Airmen, Soldiers, Sailors, Marines and Coast Guardsmen are standing watch to ensure our freedom and way of life are preserved. Take time during this year's Thanksgiving holiday to remember all those who serve in our armed forces.

Our military embodies the American values of compassion, tolerance and courage. Thank you for your hard work and dedication to our mission -- we couldn't do it without your help. You provide the gift of peace and hope to many and the promise of a secure future for others.

As we celebrate Thanksgiving with family and friends, remember those who are unable to spend the holiday season with their loved ones. Consider the sacrifices and support of our nation's military spouses, sons and daughters. We couldn't accomplish anything without their support, understanding and dedication.

I'm grateful for the opportunity to be a part of the world's greatest air and space force and work with the extraordinary men and women of the U.S. Air Forces in Europe. To all of the USAFE team -- active duty, guard, reserve, civilians, contractors



Photo by Airman 1st Class Sarah Gregory

Over the top

Capt. Chris Busque, 31st Mission Support Squadron, and 1st Lt. Elena Smith, 31st Civil Engineer Squadron, stand by Aviano's Combined Federal Campaign goal board. Raising more than \$260,000, the 31st fighter Wing exceeded its CFC fundraising goal by five percent.

and family members -- thanks for all you do. Your courage and unwavering dedication are a true blessing to us all. Have a safe and happy Thanksgiving holiday!

Holiday hours: The commissary is closed Thursday for Thanksgiving. The Grab 'n Go will be open 9 a.m. to 2 p.m.

31st FW Sortie Board

sortie: n, a flight of a combat aircraft on a mission

	Hours	Sorties
31st FW goal	659.1	442
	+501	+22

Information current as of Thursday.



Greetings

With the day of good food and family time around the corner, Aviano's leadership sends out their messages of thanks to the community.

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Barcelona

Just a hop, skip and a jump away, the city of Barcelona combines the best of ancient Catalan culture and hip modernism.

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31st Fighter Wing

Commander's Corner

By Brig. Gen. Robert Yates
31st Fighter Wing commander

World's Finest - This week I'd like to talk to you all about Thanksgiving! Over the past few days I've thought about the many blessings Barb and I have shared over the past year, and those we have shared with members of this wing. The list is both long and impressive.

For example, just a few short months ago I was on the staff, but now I am commander of the World's Finest wing! Naturally, for this I am thankful. And the list of things I am thankful for is extensive:

- I've been granted the privilege of being the 31st FW commander; for this I am thankful.
- I've witnessed Air Force members of all ranks learn, lead and grow; for this I am thankful.
- I've watched combat units perform in combat beyond expectation, others take their place and match them step by step; for this I am thankful.
- I've seen this wing step up to every challenge and excel while shrinking from none; for this I am thankful!
- I've seen this wing's Senior NCO Corps initiate the rising tide which is now and will continue to be - the World's Finest wing; for this I am thankful.
- I've seen the wing earn so many awards for excellence - number one fighter squadron in USAFE, number one load crew in USAFE, nine awards for installation excellence, distinguished graduate and Levitow Awards, Golden Drum competitor -- and we are in competition for several others; for these I am thankful.
- I was privileged to meet a great friend whom I miss each and every day, Brig. Gen.

Rosario Scapolini. Despite the deep sadness I feel from his loss, for the privilege to have known my brother, friend and peer, I am thankful.

- We've adjusted together to new leadership, new challenges and continued to achieve superior results; for this I am thankful.
 - We've established new programs to take care of our spouses and reinforced others that are tried and true; for this I am thankful.
 - I am thankful for the privilege of being a member of the world's greatest nation.
 - I am thankful for the privilege of being a member of the world's greatest Air Force!
 - I am thankful for the privilege of being a member of the World's Finest military organization.
 - And I reserve most special thanks to you all for your support and leadership.
- Thursday, Barb and I will join you all in taking time out to give thanks for these and many other blessings. I want each of you to know how much Barb and I value and respect you and your families as fellow Americans, members of the World's Finest wing, and teammates engaged in the global struggle for freedom.
- Most heartfelt thanks to those serving abroad on our behalf and their loved ones left behind without them - each of us should take time on Thanksgiving Day to remember their sacrifice. Barb and I thank you all for your friendship and devotion and wish you and your families a festive and blessed Thanksgiving 2005.



Heartfelt thanks

On Oct. 29, Senior Airman Shane Fagan, 31st Maintenance Operations Squadron, had a tragic motorcycle accident. As a result, Shane was hospitalized with a broken back and as of today, he is still paralyzed from the mid-chest down. Needless to say, financially, this accident took its toll immediately. Though, the 31st Fighter Wing stepped up to the plate to assist. It would be impossible to name each individual, squadron and agency that donated funds to help the Fagans mainly because there were so many generous givings, but also because some money was given to the family directly. I even saw a young Airman slip Kala Fagan money while we were on the flightline loading Shane into the C-21. I am not surprised by the amount of generosity, but all of us in the 31st MOS would be remiss if we didn't publicly extend a huge thank you. Shane's parents went home in awe of the Air Force and the men and women of the 31st FW. No statistic can measure or compare the amount of generosity you showed, but we are definitely "number one" in the hearts and minds of the Fagan family.

Shane is now at Walter Reed Army Medical Center with his wife. They have a very positive attitude about the entire situation and a wonderful outlook on the future. They are thankful that Shane is alive and are eagerly awaiting rehabilitation to see what wonderful things Shane will accomplish in the future. Thank you again from the 31st MOS and from the Fagan family. They will keep us posted on Shane's progress.

-- Maj. Laurie Conrad, 31st MOS commander

Greeting card project brings holiday cheer

By Senior Airman
Colleen Wronek
31st Fighter Wing
Public Affairs

Festive Aviano organizations looking to share creative holiday spirit can participate in Project CHEER's 2005 Base-Wide Plywood Holiday Card Decorating Contest.

"It's an opportunity for squadrons and organizations to decorate plywood holiday cards and compete for cash prizes," said Brian Colonna, 31st Services Squadron. "At the same time, it provides the base with holiday cheer by having them on display."

Cards will be displayed in the grassy area between the new post of-

fice and the main road leading to the contractor's gate.

The holiday decorating contest is an annual event that allows units to build esprit de corps, Mr. Colonna said. "Not everyone may have a tree, but anyone can decorate a card."

The cards are about 2.5 by 3 feet. Participants can pick up plywood, hinges and white paint from the 31st Civil Engineer Squadron Self Help Store. The 31st CES will also provide lights for the cards to be displayed at night. Decorations and colored paints are not provided.

Cards are judged on overall appearance, theme, creativity, efficiency and artistic ability.

"Cards should look like thought

and time were put into them and have a holiday or winter-oriented theme. The decorating scheme should be unique, plywood space should be used to the fullest potential and a variety of colors and graphics should be used," Mr. Colonna said.

First place winners receive \$150, second place winners receive, \$100, and third place winners receive, \$50. Winners will be announced at 3 p.m. Dec. 1 at the base exchange during the tree lighting ceremony.

Registration forms are due Nov. 25 to the community center and holiday cards must be completed and taken to the community center Nov. 30.

Parking: Parking in front of Hangar Three is limited from Nov. 28-Dec. 19. For more info, call Ext 5770.



Photo by Tech. Sgt. Randy Mallard

Veterans Day

Above: Brig. Gen. Robert Yates, 31st Fighter Wing commander, and Col. Roberto Sardo, Italian air force commander, salute during the Veterans Day services Nov. 11.

Left: Airman 1st Class Alvin Franklin, 31st Fighter Wing Honor Guard, salutes after laying the Veterans Day wreath at the base of the Italian flags near Hangar One. In addition to American Veterans Day services, the town of Aviano held an Italian Veterans Day ceremony Nov. 4.

Veterans Day was originally named Armistice Day -- a day dedicated to world peace, but since 1954 Congress replaced the word "Armistice" to "Veterans." Nov. 11 became a day to honor American veterans of all wars. For more Veterans Day information, visit <http://www.va.gov>.

Holiday cooking tips prevent kitchen disasters

31st Aerospace Medicine Squadron Public Health

As Thanksgiving approaches, cooking the traditional turkey dinner gives rise to anxieties and questions. What kind of turkey should I buy? How do I store my turkey? What about the leftovers? A few simple steps will not only ease your holiday fears, but will ensure a delicious and a safe meal for you, your family and friends.

The roasted turkey is always the center of attention. Without proper preparation and storage, that center of attention could turn into a disaster causing food-borne illness.

Salmonella is an example of bacteria capable of causing acute gastroenteritis with abdominal pain, cramping, fever, diarrhea, nausea and vomiting. To help ensure a safe and joyous occasion, Public Health offers these safety tips for chefs regarding the handling and preparation of your turkey:

Plan ahead — Plan the menu several weeks before the holiday. Shopping early will ease the countdown tension of the Thanksgiving meal.

When starting the holi-

day party or family dinner, assure that all kitchen counters have been thoroughly cleaned. If possible prepare uncooked items, such as salads, in a separate area of the kitchen. If there isn't enough space, then try preparing salads, etc., in advance of the potentially hazardous food preparation. Cross contamination of germs from uncooked items to prepared items can be prevented. Remember to wash hands and all utensils and cutting boards after exposure to any raw meats.

Thawing — If using the refrigerator, place the frozen bird in original wrapper in the refrigerator (41°F). Allow approximately 24 hours per five pounds of turkey. After thawing, keep turkey refrigerated for only one to two days.

In cold water — If you forget to thaw the turkey or don't have room in the refrigerator for thawing, don't panic. You can submerge the turkey in cold water and change the water every 30 minutes. Allow about 30 minutes defrosting time per pound of turkey.

Preparation — The day before Thanksgiving -- check to make sure you have all the equipment you will need, in-



A Thanksgiving dinner is all about enjoying food, not food poisoning, with family and friends. Take proper preparation steps to ensure a safe and delicious meal.

cluding a roasting pan large enough to hold your turkey and a meat thermometer. The turkey may be rinsed in cold water the night before and re-wrapped for roasting the next day if you wish. Wet and dry stuffing ingredients can be prepared ahead of time and refrigerated separately.

Thanksgiving Day — If you choose to stuff your turkey, stuff loosely. The stuffing should be moist, not dry, since heat destroys bacteria more rapidly in a moist environment. Place stuffed

turkey in oven immediately. Use a meat thermometer to check the internal temperature of the turkey (180°F).

The stuffing should reach 165°F, whether cooked inside the bird or in a separate dish. It is safer to cook the stuffing in a separate dish.

Storing leftovers — Discard any turkey, stuffing and gravy left out at room temperature longer than two hours or one hour in temperatures above 90°F. Divide leftovers into smaller portions. Refrigerate or freeze in covered shallow containers for quicker cooling. Use refrigerated turkey and stuffing within 3-4 days. Use gravy within 1-2 days. If freezing leftovers, use them within 2 - 6 months for best quality.

By minimizing the conditions ideal for bacterial growth, the risk of illness is reduced. Pay special attention to the time during preparation and serving the meal. If keeping the turkey warmed before the Thanksgiving meal, assure it is kept above 135°F to prevent bacterial growth.

Let's celebrate the holiday with good times and good health. For more information, or for questions on food safety, call Public Health at Ext. 5220.

Closures: The Housing Management and Furnishing Management Offices are closed Thursday and Nov. 25 for Thanksgiving.

31st Medical Group clinic hours

Family Practice Clinic - Open 7:30 a.m. to 7 p.m. Monday through Friday by appointment only. Extended clinic hours, from 4:30 to 7 p.m., provide evening appointments options for family practice patients and acute care for all patients after normal duty hours.

Internal Medicine Clinic in Area One - Open 7:30 a.m. to 4:30 p.m. Monday through Friday by appointment only.

Pediatric Clinic (Sacile Hospital) - Open 7:30 a.m. to 4:30 p.m. Monday through Friday by appointment. Parking is limited so give yourself extra time for parking. Thursday is market day so traffic in this area is especially heavy.

Flight Medicine (Area F) - Open 7:30 a.m. to 4:30 p.m. Monday through Thursday and 7:30 a.m. to noon Fridays, by appointment only. Closed noon to 4:30 p.m. Fridays for training; limited care available 1 to 4:30 p.m. for urgent issues only.

Weekend Care - A primary care provider and limited ancillary support services are available 10 a.m. to 4 p.m. Saturday and Sunday by appointment for patients with acute health needs. Emergency services are not available.

Nurse Advice Line - Accessed by calling Ext. 5000 and choosing the nurse advice line option. A registered nurse is available to provide health care advice and help guide your level of needed care. This option is available 24 hours a day, 7 days a week and can also be reached at 800-877-660.

Appointment lines are open from 7 a.m. to 4 p.m. Monday through Friday. On weekends, the Family Practice Clinic answers the appointment line from 10 a.m. to 4 p.m. To better serve patients, Aviano Clinic does not have sick call. All visits are by scheduled appointments.

To make an appointment for any of the 31st MDG services, call Ext. 5000 or 0434-30-5000.

Airmen should verify deployment credit

RANDOLPH AIR FORCE BASE, Texas -- Airmen not issued contingency, exercise or deployment orders should verify their personnel records include credit for those deployments.

A deployment is any temporary duty away from home station filling a validated combatant or component commander or supported major command requirement for forces in support of a named operation or exercise.

Airmen should ensure they received credit for these kind of deployments because, in some instances, units have deployed Airmen under Defense Department Form 1610s or NATO travel orders.

However, to receive deployment credit, Air Force Instruction 36-2134, Air Force Duty Status Program, requires CED orders to update temporary duty, or TDY, histories in the Military Personnel Data System.

"Because officer selection boards are charged by the secretary of the Air Force to consider the 'whole person,' of-

ficers need to ensure their entire record is correct to include deployments," said Lt. Col. Darlene Roquemore, chief of the officer promotions, appointments and selection continuation branch at the Air Force Personnel Center here.

The colonel said, "The officer selection brief -- which is a snapshot of the officer's career -- to include data such as decorations, duty history and developmental education, now reflects qualifying deployments since 9/11."

Airmen can verify their Type 1 TDY deployment history has been updated through their commander's support staff or personnel employment section at their servicing military personnel flight. If an Airman's Type 1 TDY deployment has not been updated in their TDY history, a completed travel voucher and at least one of the following source documents are required to receive credit:

- Certified CED orders.
- Certified non-CED orders.
- Approved decoration.

• Officer or enlisted performance report.

• Finalized letter of evaluation.

• A letter of justification from a squadron commander or higher.

All source documents must identify the Airman and state the named operation or exercise supported for the duration of the TDY.

In the future, all Airmen who are not issued CED orders for eligible deployments should make every effort to notify their respective commander's support staff or servicing military personnel flight personnel readiness function before departure. If they cannot correct orders before leaving, they may do so after returning from the deployment.

For more information, call the personnel center's field activities office at DSN 665-2671 or commercial (210) 565-2671.

(Courtesy of Air Force Personnel Center News Service)

JROTC: Aviano JROTC is hosting a drill competition 8:30 a.m. Saturday in the Aviano High School Gym.



Photo by Staff Sgt. Bethann Caporaletti

Bowling for turkeys

Rosa Vasquez rolls a bowling ball down the lane at the the Family Support Center's Spouse It Up Bowling for Turkeys event Wednesday at the Aviano Bowling Center. Ten winners in several categories received turkey dinner certificates. Categories included best bowling score, best bowling style, best nails, best hair, best and worst socks, youngest bowler, longest and shortest marriage and most children. The event also had drawings for additional prizes and a free lunch was provided to those attending.

POV winter inspections

The 31st Logistics Readiness Squadron POV Inspections office is offering winter vehicle safety inspections for all U.S. ID card holders through mid December at the POV inspection station, Bldg. 43 in the Industrial Area. Professionally trained inspectors will provide courtesy inspections based on a safety checklist and will advise if there is a safety or serviceability issue. The POV Inspections office is open from 7:30 a.m. to 4:30 p.m. Mondays through Fridays and is closed on holidays and down days. For more information, call Ext. 4458.



Photo by Staff Sgt. Bethann Caporaletti

Back (left to right): Col. Elisabeth Strines, Col. Kimberly Toney, Col. Michael Schaffrinna, Kay Zobrist and Col. Scott Zobrist.

Front (left to right): Col. Steven Schrader, Diane Schrader, Brig. Gen. Robert Yates, Barb Yates, Command Chief Master Sgt. Pamela Lane and Mike Lane.

Happy Thanksgiving from Aviano's senior leaders

Thanksgiving is a day to pause and reflect on the blessings of the past year. It's a day for family and friends to gather and share in fellowship and great food. It's a day to remember the hardships our forefathers overcame in building our great country. God bless and happy Thanksgiving to the "World's Finest." - *Brig. Gen. Robert Yates, 31st Fighter Wing commander*

I am truly thankful for my family and the opportunity to serve and live with all the fantastic folks at Aviano. I could not be more blessed. - *Col. Steven Schrader, 31st Fighter Wing vice commander*

The morning chill, changing colors, a warm fire, the smell of spices, a long walk after a Thanksgiving meal with family ... all part of a season that begs for reflection and preparation. A special thanks for family, not just those closest to the heart, but the Air Force family as well. - *Col Michael Schaffrinna, 31st Medical Group commander*

Thanksgiving is the perfect time of year to spend with family and friends to reflect on our many blessings, including the privilege we have of defending our country. Let's all take time to appreciate the many gifts we all take for granted. Have a

safe and wonderful holiday season! - *Col. Kimberly Toney, 31st Mission Support Group commander*

As a kid, Thanksgiving was about remembering the Pilgrims, making turkeys out of colored construction paper and pine cones, getting a few days off from school, and being thankful for everything I could think of. Now Thanksgiving is all about friends, sharing exceptionally good food, basking in a little spare time and being thankful. Not a lot of changes, but better food and no construction paper. - *Col. Elisabeth Strines, 31st Maintenance Group commander*

Thanksgiving is a time when I reflect on the many blessings that we have as Americans: family, friends and our many freedoms. I also give thanks for the opportunity to serve our nation as a part of the finest Air Force in the world. - *Col. Scott Zobrist, 31st Operations Group commander*

Thanksgiving is a day of food, fellowship, football and fun. But more importantly, it is a day to really take stock of what is important in your life and to be thankful for all that you have. - *Chief Master Sgt. Pamela Lane, 31st Fighter Wing command chief*

Aviano Thanksgiving 2005

Aviano has so much to be thankful for this year we can't even begin to cover it all, but here are some things the "World's Finest" can be proud of.

Safe return: Aerospace Expeditionary Force 5/6 returned to a homecoming celebration Sept. 8.

Friendship: Italian and U.S. Air Forces joined to commemorate 50 years of friendship and cooperation in a ceremony Feb. 15.

The Italian and U.S. Air Force communities shared a moment of remembrance during the second annual Italian-American Friendship Festival in San Quirino Sept. 11.

Helping others: Men and women of Aviano rolled up their sleeves and helped give the gift of life March 13 and 14 during the base's first U.S. Army Europe Blood Donor Center blood drive.

In April, Operation Yellow Ribbon supported deploying servicemembers.

Reassurance: Families with deployed loved ones gathered in the community center Oct. 5 to get information on resources available to them.

The Aviano Elementary School Deployed Children's Club hosted a simulated deployment at the 603rd Air Control Squadron compound Oct. 18.

Mission support: More than 120 Aviano Airmen deployed to Graf Ignatievo Air Base, Bulgaria, Oct. 24 - 29 in support of Viper Javelin 2005.

Accomplishments: In November, Aviano Air Base made the CFC goal before deadline.

Improvements: The consolidated Post Office and Base Theater piazza officially opened June 30.

Recognition: In February, the 721st Air Mobility Squadron, Det. 3, was recognized as the Small Air Terminal of the Year for its support of the 31st Fighter Wing, Southern European Task Force, as well as the U.S. Army, U.S. Navy, 16th Air Force, Italian Air Force and NATO units.

In April, the 31st Maintenance Operations Squadron surpassed 55 other squadrons in the service, winning the 2004 Air Force Maintenance Effectiveness Award for its maintenance management, training and support.

In August, the 31st Aircraft Maintenance Squadron aircraft armament technicians were named Top Load Crew during the U.S. Air Forces in Europe Sure Fire '05 competition at Spangdahlem Air Base, Germany.

Aviano Air Base took the overall top fighter wing trophy in U.S. Air Forces Europe's Excalibur training exercise at Lakenheath Air Base, England Aug. 19.



Thanksgiving is togetherness - time to spend with friends and family. This year means more to us because we are bringing families together. - *Senior Airman Shannon Burge, 31st Aircraft Maintenance Squadron and fiancée Lorena Sedoran*



Thanksgiving gives me a chance to spend time with loved ones and give thanks. I am thankful for the ability to spend Thanksgiving with my loving family. - *Master Sgt. Bobby McGregor 31st Aerospace Medicine Squadron*



Thanksgiving is a time to be thankful and grateful for the family I have and what the Lord has given me. - *Tara Jackson*



For me, it's a chance to reflect on the blessings of my family, friends and the opportunities this life has presented. Also, it's a great time to relax and eat great food. - *1st Lt. Phil Alvarez, 31st Fighter Wing*



Thanksgiving is about freedom, family and sharing. We are thankful for all we have and we always try to give back the kindness that was given to us. - *Candi Dale*



It's a time for friends to get together. - *Staff Sgt. William Lemming, 31st Maintenance Squadron*

Holiday bazaar

Holiday shoppers can get an early start at the holiday bazaar at La Bella Vista Club from 3 to 7 p.m. today, 10 a.m. to 7 p.m. Saturday, and 10 a.m. to 4 p.m. Sunday. A variety of vendors will sell items including furniture, leather goods, jewelry, paintings, wine and cheeses, crafts and grandfather clocks. Call Ext. 4303 for more information.

DJ battle

The Aviano Community Music Club is hosting a Project CHEER Battle of the DJs 7:30 to 11:30 p.m. today in the Community Center. The battle is open to people age 18 and over. Featured disc jockeys include DJ Irko, Da Soul Man and Harbor Entertainment. For more information, call Master Sgt. Luis Adams at Ext. 7835.

Theme contest

The Annual Awards Committee needs a theme for this year's banquet March 3 in the La Bella Vista Club. The committee is hosting a con-

test to select the theme that best reflects the event's role of recognizing and honoring the best military members and civilians. The theme will be incorporated into the entire evening. Last year's theme was "Excellence in All We Do." Theme submissions must be received today. To submit a theme, e-mail Master Sgt. Dan Borkowski at daniel.borkowski@aviano.af.mil.

Adopt-an-Airman

Many Aviano single and unaccompanied Airmen and single parents can spend Thanksgiving with an adopted family. Interested single members or families interested in hosting someone for Thanksgiving can call Staff Sgt. Audrey Kiefer at Ext. 2741, or log on to the Aviano Intranet and fill out an application form.

First aid

The American Red Cross is hosting a Community First Aid and Safety Course from 8 a.m. to 5 p.m. Saturday in the Family Support Center

conference room number 3. The all-day class covers adult, child and infant CPR and first aid basics. The cost is \$35. To sign up or for more information, call Ext. 5576.

Chapel changes

The 1 p.m. gospel service is moving to the base theater Dec. 4. The service time will change to 10 a.m. Beginning Nov. 27, the Protestant Sunday School changes to 8:30 to 9:30 a.m. in Bldg. 168 and the 8 a.m. Mass changes to 8:30 a.m. and will move to the Italian Chapel in Area F. For more information, call Ext. 5211.

Heritage Month

November is Native American Heritage Month. Events for the month include a Native American story hour and crafts Monday in the base library. For more information, call Tech. Sgt. Fawn Runs After at Ext. 4418 or Senior Airman Matt Frerichs at Ext. 7750.

Thrift shop

The Aviano Thrift Shop has a large selection of holiday decorations and winter clothing for sale. The thrift shop is open 10 a.m. to 4 p.m. Tuesdays and Wednesdays. Items can also be consigned from 10 a.m. to 1 p.m. For information, call Ext. 5428.

Thanksgiving buffet

The La Bella Vista Club is hosting Thanksgiving buffets at 11 a.m. and 1 p.m. Thursday. Seating is limited and tickets must be purchased in advance. Tickets will not be sold Thanksgiving Day. The cost is \$16.95 for adults, \$8.95 for children ages 5-11 and \$3.95 for children under age 5. Club members receive a Members First discount of \$3 and their children under age 5 are free. For more information, call Ext. 4303.

Perimeter Road

A small section of the Area F perimeter road adjacent to Bldg. 1036 will be closed Nov. 28-30 for the installation of a utility line. Traffic will be detoured around the closure.

Dates are subject to change due to weather. Call Tech. Sgt. Daniel Peterson at Ext. 6022 with any questions or concerns.

Christmas trees

The Aviano Boy Scouts are selling Christmas trees in front of the commissary 8 a.m. to 4 p.m. Dec. 3-4, Dec. 10-11 and Dec. 17-18. The trees cost \$30 for a small, \$40 for a medium and \$50 for a large tree.

Holiday service

The Aviano Chapel is hosting the annual Thanksgiving Eve service 6 p.m. Wednesday. The worship service is open to the community and a pie social is in the chapel annex immediately following the service. For more information, call Chaplain (Maj.) Shon Neyland at Ext. 5211.

Scholarships

The Defense Commissary Agency and the Fisher House Foundation are currently accepting scholarship applications through Feb. 22, 2006. Authorized applicants include unmarried children under age 21 of active duty, Guard, Reserve and military retiree families. Applicants may range in age up to 23 years if they are presently enrolled. Application forms are available at the commissary and on the Internet at www.militaryscholar.org.

FTAC team leader

The First Term Airmen Center is looking for a highly motivated senior airman or staff sergeant to serve as a team leader for 120 days beginning Dec. 1. Senior airmen must be ALS graduates. Team leaders transition Airmen from a training to a mission-oriented environment and play a visible role in the day-to-day operations of the FTAC. It's desirable but not mandatory to have knowledge in computer applications such as Word, Excel, Access and Power Point. Applicants must have supervisor and squadron approval to be released. For more information, call Tech. Sgt. Victoriano Rodriguez at Ext. 5402.

Reel Times

Today, 5 p.m. - "The Transporter 2" Rated PG-13 - Frank is an ex-special forces operative who makes a living driving for a wealthy family with two small boys. When the kids are kidnapped and injected with a potentially fatal virus, Frank defies the FBI to get the boys to safety and discover the kidnapper's master plan. Starring: Jason Statham, Alessandro Gassmann.

Today, 8 p.m. - "The Man" Rated PG-13 - A case of mistaken identity forces a federal agent and a dental supply salesman to team up as they speed through the streets of Detroit to pull off a sting operation and solve the murder of his former partner. Starring: Samuel L. Jackson, Eugene Levy.

Saturday, 7 p.m. - "Into the Blue" Rated PG-13 - Four young divers discover a legendary shipwreck rumored to contain millions in gold at the bottom of the sea, but their plan to excavate the treasure is threatened by dangerous smugglers closing in on a nearby sunken plane full of illegal cargo. Starring: Paul Walker, Jessica Alba.

Sunday, 7 p.m. - "The Man" Rated PG-13

Wednesday, 7 p.m. - "Into the Blue" Rated PG-13

Thursday, 7 p.m. - "The Transporter 2" Rated PG-13

(Titles and times are courtesy of www.aafes.com, and are subject to change.)

Fly Bys

Local area events

Saturday through Monday - A Christmas Fair is from 10 a.m. to 10 p.m. at the Udine Fairgrounds. For more information, visit <http://www.udinefiere.it>.

Nov. 25 - In Udine, the Santa Caterina Fair located in the Piazza Primo Maggio.

Through Dec. 10 - In Sarmede, near Vittorio Veneto, an exhibition of drawings for kids by artists from all over the world. Street theater displays are Nov. 27 and Dec. 4.

Travel tips - Project SMART

Always try to travel light. You can move more quickly and will be more likely to have a free hand. You'll also be less tired and less likely to set luggage down, leaving it unattended.

Don't wear clothes that easily identify you as American, such as those displaying the flag, American colleges or sports teams.

When traveling around Europe, remember to avoid carrying handbags and fanny packs; they are easy targets for theft.

To avoid being a target of crime, try not to wear conspicuous clothing and expensive jewelry and don't carry excessive amounts of money or unnecessary credit cards.

Leave a copy of an itinerary with family or friends in case of an emergency.

Visit <http://travel.state.gov> to get the latest travel advisories in Europe. Maintained by the U.S. Department of State, the site offers a list of places suspected of anti-American activity, as well as other information for travelers.

Barcelona mixes the modern with medieval

By Airman 1st Class

Sarah Gregory

31st Fighter Wing Public Affairs

An intriguing mix of Gothic and modernist architecture, Barcelona is a city packed with unique sculptures and buildings to discover.

Wedge between the hills of Tibidabo and Montjuic, Barcelona has been expanded extensively several times during the last 150 years, making it the largest city on the Mediterranean coast.

Until the mid-19th century, Barcelona was a military stronghold with strict rules preventing building outside city walls. As a result, it was one of the most crowded and unsanitary cities in Europe.

In order to relieve some of the epidemics of illness and unrest, the Barcelona city council held a competition for designs for a "new city" outside the walls. In 1859, civil engineer Ildefons Cerdà I Sunyer's design for a neat, orderly city was selected.

Standing out from the winding, narrow streets of the Old Town, the grid-pattern Eixample district of Barcelona is easy to explore. The Eixample area, meaning enlargement, is home to many of the city museums and artist Antoni Gaudí's colorful architectural creations.

Visitors can walk along the Passeig de Gràcia, a wide, tree-lined street with many beautiful and vibrant mosaic-style buildings. Even the large pavement tiles were designed by Gaudí.

The Eixample area is also known for the posh designer label shops that line the orderly streets. In addition to famous clothing and shoes, Barcelona is renowned for leather goods, antiques and ceramics. Shoppers can find ceramics in rich, bold colors made into everything from cooking pots to hand-painted tiles all over the city.

When it's time to take a break from the sightseeing, Barcelona continues its impressive offerings via the stomach.



Photo by Airman 1st Class Sarah Gregory

Barcelona's Arc de Triomf was built in 1888 as the gateway to a Universal Exposition. The arch is built in red brick in an Arabic style. At the top are white friezes, representing Barcelona welcoming foreign visitors.

Located on the coast, fresh seafood is in abundance and many dishes include items such as prawns, cuttlefish and shrimp. Breakfast can either be a light snack of a coffee and croissant or a hearty meal of eggs and bean stew. Lunch can be the least expensive meal, with most restaurants offering a meal of the day. Peak times for lunch are between 2 and 4 p.m. and dinner begins around 10 p.m., so a light snack might be needed between meals.

With its designer's attention to detail, visitors to Barcelona's Eixample district can spend the better part of their stay discovering art galleries and the creative finishing touches that make this city unique.

Passports: Tourist passports are recommended for ease of travel through Europe. Get yours at the military personnel flight.



Courtesy photo

The capital city of Hungary, **Buda-pest**, was created from the unification of the separate historic towns of Buda, Pest and Óbuda in 1873.

Information, Tickets and Tours

Upcoming tours from the Information, Tickets and Travel office include:

- Saturday - Guided Florence
- Saturday - Guided Ljubljana, Slovenia and Postumia Caves
- Nov. 24-27 - Thanksgiving in Budapest, Hungary
- Nov. 25 - Special trip to Nove for Christmas shopping
- Nov. 26 - Guided Salzburg and

Christmas markets

- Nov. 26 - Guided Venice with gondola ride
- Nov. 26 - Guided Verona

ITT escorts ensure the group arrives and departs from the destination as scheduled and will do everything possible to make the trip safe and comfortable. Escorts also provide general information about the area. Call Ext. 5072 or 5026 for more information.

Indoor Cycling



Photo by Staff Sgt. Michael Holzworth

Senior Master Sgt. Frank Fewell instructs his spin class at the Dragon Fitness Center. Spin class is a non-impact aerobic class that has participants burning hundreds of calories on a stationary bike to a dance beat.

Aviano 'spins' to better health

By Tech. Sgt. Jerome Baysmore
31st Fighter Wing Public Affairs

Spin, spun; have spun. But others keep spinning — especially those who pedal in the Dragon Fitness Center indoor cycling class every weekday starting at 11:30 a.m.

Aviano's indoor cycling program offers a balance between physical and mental exercise while combining basic cycling movements along with motivational instruction.

One such instructor is Senior Master Sgt. Frank Fewell, and he claims spinning appeals to just about anyone who's looking to increase their fitness levels.

"The 'hardcore' fitness nuts can work out next to a novice, and both can get a great workout in the same class because they work at their own pace and resistance level," the 31st Security Forces Squadron operations superintendent said.

During an average 45-minute workout, an individual may cover from 10 to 20 miles, and this highly aerobic endurance activity burns about 400 to 600 calories. Spinning offers many of the same benefits as jogging but is a non-impact activity.

Staff Sgt. Belinda Arthurs, 31st Communications Squadron, Mystic Star crew supervisor, said she felt drawn to the class.

"A friend of mine was a frequent spinner,

and she lost a lot of weight spinning. I had been having back trouble, and spinning was a non-impact way of exercising.

"It has also become a social gathering; I like the people who regularly attend and enjoy meeting up with them. Even though I have squadron PT in the mornings, I still go to the 11:30 a.m. spin class — it's just that good."

The spinning concept was created in the 1980s by Jonathan Goldberg, but it didn't appeal to Sergeant Fewell until later.

"Back about seven years ago, some spin bikes were in the corner of the HAWC, and I asked what they were for," he said. "An instructor showed me how to operate them and I've been hooked ever since.

"The class and students motivate me — I feed off them. Some days you just don't have the energy or are feeling down, but once in front of the class, you know they count on you to work them hard; that's exciting."

Sergeant Fewell added that for him, the fitness part is secondary; the best part is helping others.

"Many different folks come in and try the class," he said. "Some are intimidated but overcome that; others don't.

"It is always good to hear success stories or just have folks thank me after a punishing one-hour class; then you know you have something good ... for someone else."

Sergeant Arthurs is one such beneficiary.

"I have lost weight and inches and I went down a size in my BDUs," she said. "But the biggest benefit has been my cardio endurance. It has helped me run longer distances without stopping."

Fly Bys

Turkey trot

Project CHEER is hosting a 5k Turkey Trot 11:30 a.m. Saturday at the Dragon Fitness Center. Registration begins at 11 a.m.

Varsity game

The Varsity Men's Dragon basketball team is playing the Spilimbergo Italian team at 8:30 p.m. Thursday in the Dragon Fitness Center. People are invited to come out and cheer on the teams. For more information on varsity sports, call the fitness center at Ext. 7574.

Basketball

People interested in participating in the 2005-2006 Men's and Women's Varsity basketball teams can contact Neville Besignach or Robby England at the Area Two Fitness Center or call Ext. 7574.

Massage therapist

The Area Two Fitness Center offers massage therapy. Call Shawn Hamilton to make a 30-, 60-, or 90-minute massage appointment at 348-364-0684.

Personal trainers

The Dragon Fitness Center is seeking nationally-certified personal trainers and fitness instructors to lead others into fitness. For more information, call Ext. 7459.

Ski and snowboard

Outdoor recreation is taking ski and snowboard lesson sign-ups until Dec. 9. Lessons will begin in late December at Piancavallo. Sign-ups are on a first come, first served basis. For more information, call Ext. 8623.

Winter rentals

Outdoor recreation offers skis of all sizes, helmets, snowboards, boots, poles, sledding and ski and snowboard racks for rental. For more information, call Ext. 8623.



The Cornerstone

An indispensable and fundamental basis

The Cornerstone Page is devoted to those who support junior enlisted, NCOs, CGOs and spouses. It's to share advice, ideas and opinions dealing with life in the Air Force and Aviano. It's also a forum to recognize those around us. The Cornerstone Page will also offer Air Force trivia and facts.

Submission info: We want to hear from you. Flex your writing talents and share your thoughts with us and the community.

Commentaries: Writers can send commentaries to vigileer@aviano.af.mil. Commentaries must be 500 to 700 words. Topics must be applicable to the Air Force, Aviano and appeal to the general public. For questions or concerns, call the Vigileer at Ext. 7344.

Kudos: Aviano members can send congratulatory messages to Vigileer@aviano.af.mil. Messages can be submitted for appreciation, retirements, awards, good service, promotions and graduations. For questions or concerns, call the Vigileer at Ext. 7344.

Deadline: The deadline for submitting information is close of business Thursday one week prior to publication. Faxed articles will not be accepted by the staff. The public affairs office is in Bldg. 1360, Room 19.

Aviano's Hidden Heroes



Left: Deborah Watson, 31st Mission Support Group, began leading the Operation Yellow Ribbon program in June 2005. She ran the program until the last rotator went through Aviano in September 2005. She aggressively recruited 13 volunteer teams and developed a training program. During this time, her team supported 73 aircraft transporting more than 1,100 warfighting troops of all services to and from contingency operations in Iraq and Afghanistan.

Right: This year's haunted house construction team: project manager Mark Baldwin, 603rd Air Control Squadron, and assistants Airman Nathan Carpenter and Airman 1st Class Bryan Nelson, 31st Maintenance Squadron, put on a Halloween horror show terrifying more than 1,600 people. Mr. Baldwin invested more than 30 days of his personal time into the project. Described by Brig. Gen. Robert Yates, 31st Fighter Wing commander, as the best haunted house he'd ever seen on an installation, the haunted house provided a weekend of traditional Halloween entertainment for the Aviano community.



Recognizing The World's Finest

Graduates

Airman Leadership School

to obtain the title "supervisor." **John Levitow Award** - Reginald Marshall, 31st Maintenance Squadron; **Leadership Award** - Joseph Klunder, 712th Munitions Squadron; **Academic Award** - Joanna Noel, Detachment 4; **Distinguished Graduate Awards** - Blake Roberts, 31st Security Forces Squadron; Joseph Klunder, 712th MUNS; Paul Hartless, 725th Air Mobility Squadron; Sebrena Johnson, 725th AMS. **31st Aircraft Maintenance Squadron** - Daniel Barker, Kenneth Blanchard, Wilberto Garcia, Brian Greer, Zachary Holden, Israel Holston, Eric McGowan, Thomas Podgorski, Roger Price; **31st Civil Engineer Squadron** - Christal Galazo, Steven Mitchell Llamas, Kelly Louis Olivares, Francisco Sierra, Wayne Winder; **31st Communications Squadron** - Miguel Bonilla, Amanda Leak; **Detachment 4** - Joanna Noel; **31st Logistics Readiness Squadron** - Brian Alvarado, Scott Baird, John Begg, Stephanie Brown, Scott Dantin, Vi Nguyenpham, Ismael Rosa, Angela Zayas; **31st Maintenance Squadron** - Rebecca Baker, Jeremy Carver, Anna Jeffcoat, Reginald Marshall; **31st Maintenance Operations Squadron** - Donald Wisniewski; **31st Medical Group** - Dwayne Freeman; **31st Mission Support Squadron** - Brian Adams; **31st Security Forces Squadron** - Christopher Toms, Blake Roberts; **496th Air Base Squadron** - Sharod Lane, Brian Redenbaugh, Teisha Vizcarrondo, Patrick Barry, Lakietha Clark, Nicholas Kehoe; **603rd Air Control Squadron** - Daniel Ball, Justin Oaks, Raquel Olofson; **712th Munitions Squadron** - Melissa Shields; **725th Air Mobility Squadron** - Antonio Garcia, Dario Jusino-Rodriguez, Nicholas Lord, Samantha Robinson, Darnisha Wallace; **Air Force News Agency, Detachment 8** - Ryan Denney.

On behalf of Naval Facilities Engineering Command and U.S. Army Corps of Engineers Gulf Region Central District's Fallujah Resident Office, the Navy ROICC Office of Aviano would like to express its sincere gratitude to the Aviano community for their generosity. During August, the management of the base exchange allowed a collection box to be prominently displayed to collect school supplies and toys for the children of Fallujah, Iraq. The Aviano community donated more than 200 pounds of supplies to help equip eleven schools being built by coalition forces and Iraqi contractors in the areas surrounding Fallujah, Iraq. Please accept our humble thanks for your generous contributions.

-- Stephen Revelas, NAVFAC Europe, ROICC Aviano

